



Fun Websites for Kids

*Now kids can have fun online
while learning more about
fruits, veggies, general nutrition and physical activity.*

Website name and Address	Developed by	Comments
BAM! http://bam.gov	Centers for Disease Control and Prevention (CDC)	This website for 9-13 year olds covers many health topics. Fit 4 Life includes U R What U Eat with recipes and more. Site includes an exercise personality quiz that gives users a custom activity list, and Teacher's corner with in-school activities linked to the national education standards for science and health.
Dole 5 A Day http://dole5aday.com/Kids	Dole Food Company	Learn how fruits and veggies grow, try recipes, play games, sing songs.
FUNZONE http://www.5aday.co.nz/funzone	New Zealand 5+ A Day Program	Fruits, veggies, games, jokes and more.
Kidnetic http://www.kidnetic.com	International Food Information Council Foundation	For 9-12 year olds, their families and teachers to encourage physical activity, healthy eating and self-esteem.
Powerful Bones. Powerful Girls. http://www.cdc.gov/powerfulbones	<ul style="list-style-type: none"> US DHHS, Office on Women's Health CDC National Osteoporosis Foundation 	Powerful girls have powerful bones! Find out how you can build strong bones. Try our interactive skeleton and awesome games and quizzes. You'll also discover fun weight-bearing physical activities and recipes for yummy foods with calcium.
Puzzlemaker http://www.puzzlemaker.com	DiscoverySchool.com	Make your own word and number games with a fruit and veggie theme!
Smallstep.gov http://www.smallstep.gov	U.S. Department of Health and Human Services	This website for adults and teens gives you four steps to help you get healthy: get the facts, eat better, get active, learn more. Explore the activity tracker, recipes and newsletter.
Smallstep KIDS! http://www.smallstep.gov/kids	U.S. Department of Health and Human Services	Five sections include: Can Your Food Do That?; SmallStep Challenge; Watch the TV ads; Great Web Links; Games and Activities.
Smart Mouth http://www.smartmouth.org	Center for Science in the Public Interest	Become a savvy consumer while playing cool games like "Feed the Face" and "Trust Gus." A calorie meter helps you see how your favorite foods stack up and more.
VERB – It's What You Do http://www.verbnow.com	US Department of Agriculture	Learn how to create/find your own physical activity and fun anywhere.
Your Energy Wake-Up Call! http://www.caprojectlean.org	California Project LEAN's Food on the Run Program	Healthy eating and physical activity for teens.